

Basic Report 19421, Snacks, potato chips, cheese-flavor

Report Date: June 18, 2019 13:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bag (6 oz) 170g
Proximates				
Water	g	1.80	0.51	3.06
Energy	kcal	496	141	843
Protein	g	8.50	2.41	14.45
Total lipid (fat)	g	27.20	7.71	46.24
Carbohydrate, by difference	g	57.70	16.36	98.09
Fiber, total dietary	g	5.2	1.5	8.8
Minerals				
Calcium, Ca	mg	72	20	122
Iron, Fe	mg	1.84	0.52	3.13
Magnesium, Mg	mg	75	21	128
Phosphorus, P	mg	299	85	508
Potassium, K	mg	1528	433	2598
Sodium, Na	mg	458	130	779
Zinc, Zn	mg	0.91	0.26	1.55
Vitamins				
Vitamin C, total ascorbic acid	mg	54.1	15.3	92.0
Thiamin	mg	0.155	0.044	0.264
Riboflavin	mg	0.158	0.045	0.269
Niacin	mg	5.000	1.417	8.500
Vitamin B-6	mg	0.348	0.099	0.592
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	10	3	17
Vitamin A, IU	IU	33	9	56
Lipids				
Fatty acids, total saturated	g	8.600	2.438	14.620

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bag (6 oz) 170g
Fatty acids, total monounsaturated	g	7.720	2.189	13.124
Fatty acids, total polyunsaturated	g	9.560	2.710	16.252
Cholesterol	mg	4	1	7
Amino Acids				
Other				